

# Castor Oil\*

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If you are already pursuing detoxification via the use of coffee enemas, you may be interested in the use of Castor Oil as well.

The bottom-line purpose of castor oil is single fold: To lower serum toxins.

## Castor Oil Background

Castor oil is a vegetable oil that is obtained from the castor seed (some call it a castor bean but in reality it is a seed and not a bean). The castor plant is indigenous to Africa, India and the Mediterranean. India is the largest castor seed producing nation in the world with 60% of the worldwide production of castor seeds. Consumption of castor oil is highest in European countries, USA and Japan.

Technically, the castor seed is extremely toxic because the seed is rich in ricin -- a seriously toxic protein this is deadly if just a dose the size of a grain of sand is consumed.

Fortunately, during the removal of the oil from the castor seed, castor oil does NOT contain any of this toxic ricin.

Most people are familiar with the use of castor oil via the use of “castor oil packs” – where cotton or flannel is soaked in castor oil and then the “pack” is laid over an exterior part of the body—typically the liver-- overnight. Since castor oil packs are commonly understood and described in many places, this article will not discuss its use as an external pack.

However, castor oil’s use internally – orally and by enema--has also been around for decades if not longer. For example, castor oil orally has been used as a laxative or even as a punishment. In Fascist Italy, for example, large force-fed doses of castor oil were given to prisoners to humiliate them with the laxative effects and to kill them with the dehydrating effects of the diarrhea.

The point of the above is this: the oral use of castor oil has been around for a long time and like coffee enemas, when respected and used correctly can bring a new level of detox to the patient. Castor oil is extremely effective at removing long standing, deep seated cellular toxins. It is for this reason that it is recommended that those that have had chemotherapy of any type at any time in their life NOT pursue the use of castor oil until they have been pursuing “true detox” via other methods for at least six months.

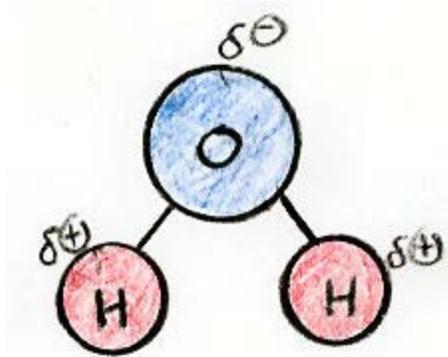
## Castor oil chemistry

Castor oil is unlike any other oil. The main fatty acid in castor is ricinoleic acid – some 90-95% of the castor oil is made of this fatty acid called ricinoleic. This unique fatty acid is not found in any other oil and it is the ricinoleic acid which is behind castor oil’s totally unique fatty acid properties.

Ricinoleic is a monounsaturated (ie: one double bond like olive oil) 18-carbon length fatty acid. What makes ricinoleic so unique and three times more expensive than other fatty acids is that it has a hydroxyl group hanging off the 12<sup>th</sup> carbon

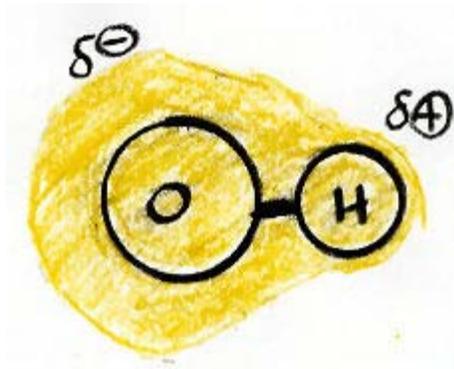
of the ricinoleic's 18-carbon chain. To appreciate the uniqueness of castor oil, one must understand the hydroxyl group hanging off the ricinoleic's carbon chain.

Hydroxyl is an oxygen and hydrogen molecule (OH) and it is half of the substructure of water (H<sub>2</sub>O). Below is what a water molecule looks like and you can see that OH is half of the water molecule.

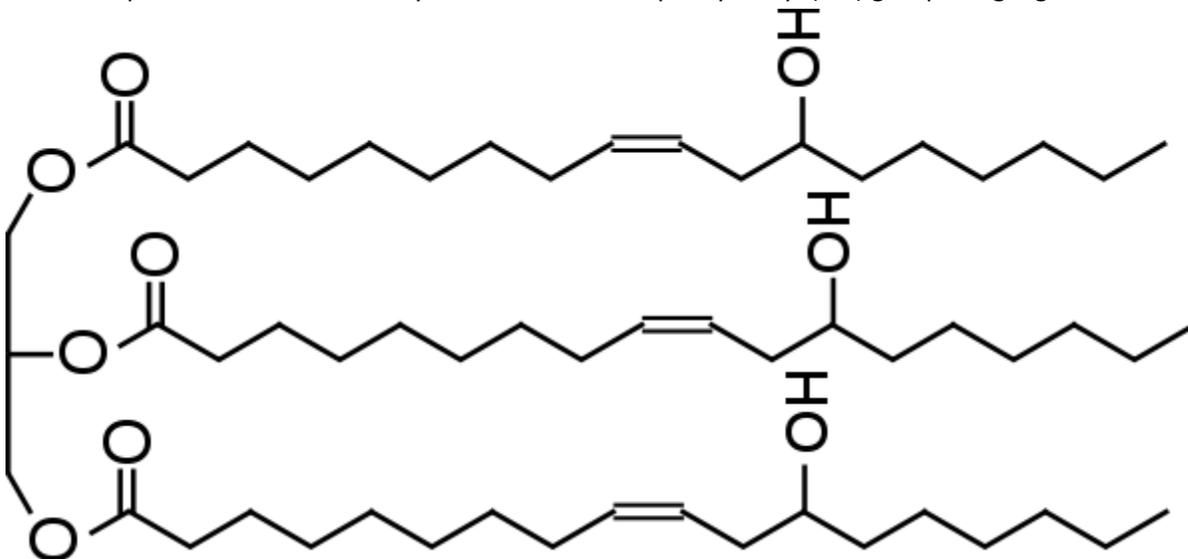


The + and - means that there is a positive and negative "charge" respectively at each of these locations. This is important because it means the negative will attract and bond to another atom/molecule that is positively charged (and visa versa a positive charge will attract and bond to another atom/molecule with a negative charge.)

And this is what a Hydroxyl looks like. Can't you see it looks like half of a water molecule with the same charges?



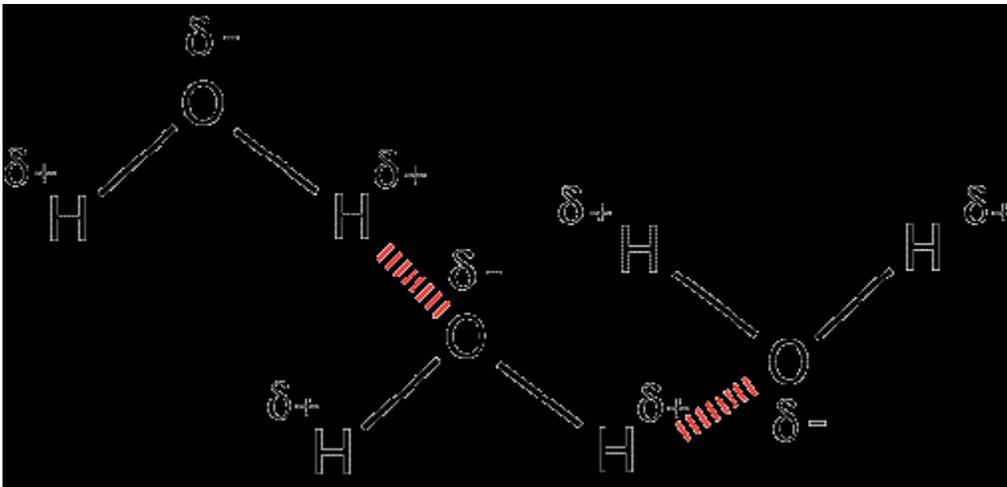
Below is a picture of ricinoleic and you'll notice the unique hydroxyl (OH) group dangling off to the side directly below:



This Hydroxyl (OH) group is what causes ricinoleic acid (and thus, castor oil) to be unusually polar. Polar means there is a separation of electrical charge (as seen in the water molecule) and thus, polar molecules, like water and ricinoleic acid, are going to have reactions in the body via intermolecular forces – ie: electromagnetic attraction and repulsion based on electrical charge of “opposite charges attract” and “the same charge repels”.

Thus, it is ricinoleic’s Hydroxyl (OH) group and resultant polarity and desire to enter all types of electromagnetic intermolecular force reactions that drives the one-of-a-kind uniqueness of castor oil!

An example of this electromagnetic attraction between molecules is how water molecules will attract and loosely bond together via “hydrogen bonding” –based on this opposites attract and same repel – and as seen in the diagram below is the “hydrogen bonding” of three water molecules. The pink lines are the hydrogen bonding – which is really not a bond so much as an electromagnetic attraction of “opposite charges attract”.



Now that you understand the basic chemistry of hydroxyl groups and electromagnetic bonding, you are now ready to appreciate the “mechanism of action” of our beloved and unique castor oil.

### Castor Oil and Ricinoleic Fatty Acid Mechanism of Action

As stated above, oral castor oil has a laxative effect – it makes one poop! And poop a lot! Typically the entire intestinal tract – all 30 feet of it – will be emptied within 12 hours of swallowing castor oil per directions below.

Unlike other laxatives, such as cascara and senna, that work in the bowel (large intestine) and via the typical action of irritating the bowel to make a bowel movement, castor oil works in the small intestine and works without the mechanism of irritating and aggravating the intestinal lining.

As castor oil moves out of the stomach and into the small intestine, because of Ricinoleic’s unique polarity, it immediately begins to draw large quantities of water into the small intestine---via hydrogen bonding described above. This extra water in the small intestine stimulates peristalsis movement of the small intestine and on through the large intestine and out the anus. For example, it is common that most who take castor oil will have several bowel movements within 30 – 120 minutes of swallowing it. It works that fast and in both small/large intestine--basically clearing out the entire 30 feet from the top of the small intestine to anus in less than 12 hours.

This rapid clearing of the intestinal tract is important because of a human biological physiology called “hepatic re-uptake”. Re-hepatic uptake means that the toxic bile that is leaving the liver is “re-absorbed” back up to the liver 8-10 times before reaching the anus. In the Garden of Eden without toxins etc, re-hepatic uptake was a really good thing because the reabsorption of water, bile, food and nutrients out of the small intestine back to the liver insured that we got “every last bit” of nutrition out of our food. However, in the toxic world we live in now, this re-hepatic uptake is a curse because it means that toxins are being reabsorbed back to the liver rather than just being held in the intestinal tract as it moves its way out toward the anus.

Blocking re-hepatic uptake is a difficult thing to do and typically done via an Rx drug that has its own long list of side-effects. But by increasing the transit time through the intestine, the chance of re-hepatic uptake is greatly reduced.

As the castor oil travels through the intestinal tract it is dragging in long chains of “hydrogen bonded water molecules” into the intestine. However, water isn’t the only stuff being dragged into the intestine through the intestinal wall. Other polar molecules/atoms other than water (ie: toxins) are being electromagnetically attracted into the intestine. In fact, one can think of what is happening as a “transintestinal dialysis” because the organs and matrix of cells surrounding the organs are being cleansed of toxins via being pulled directly through the intestinal wall and then, due to the rapid transit time, clearing the anus shortly thereafter.

A simple proof of this “transintestinal dialysis” is that when the body is dumping certain toxins – particularly benzene compounds, paints, solvents, chemotherapy etc – the bowel movements will burn like fire! Castor oil itself does NOT burn! Just rub some on your skin. Castor oil does not burn! But when the castor oil is dragging all types of toxins with it, it will indeed burn the sensitive anus tissues. This burning may or may not occur on a castor oil day. The burning may continue to occur on subsequent castor oil days and later, the burning will eventually diminish and stop (unless there is a toxic re-exposure and then you’ll feel burning on your next castor oil day!). Castor oil is so effective at removing longstanding, deep seated toxins that it is recommended to NOT use castor oil if there has been any historical use of chemotherapy unless the patient has been pursuing “**true detox**” for a minimum of six (6) months.

Dr. Max Gerson, the inventor of the Gerson Therapy for cancer and other chronic diseases, found that the use of castor oil was essential to help his terminally ill days/weeks/months-to-live patients. He found it mandatory to get the toxins and dead cancer tissue out of their body as quickly as possible or risk that the patient would die not from the cancer per se but die from hepatic (liver) coma induced by the toxic overload. In fact this happened to his patients on several occasions before he added the castor oil element to his protocol – patients would die but on autopsy were found cancer-free but dead from a failed liver due to toxic overload.

So, Dr. Gerson added “castor oil days” – which was every other day for the first 4-5 months of the therapy and then only 2x a week thereafter and gradually reduced as the cancer/toxic burden dropped. It is the Gerson castor oil therapy that is being outlined in this article. A castor oil day involved taking castor oil by mouth first thing in the morning at approximately 5 – 6 am before eating, having breakfast and a coffee enema one hour later (6 – 7 am) and then a castor oil/coffee enema four (4) hours later (10 – 11 am). It is of course ideal to do all these, but if you aren’t able to do all of them, then the oral would be the castor oil procedure of choice. Also, keep in mind between the laxative effect of the castor oil and the two enemas stated above, that is A LOT of electrolyte loss. Thus, don’t even consider doing all three on a single day unless you are consuming a minimum of 2 quarts of veggie juice on that day.

If you are new to castor oil, it is recommended to start with oral use only and then after one or two experiences with that to add the castor oil via enema.

In summary, the mechanism of action of the castor oil is the “transintestinal dialysis” and the minimization of re-hepatic uptake of toxic bile. However, there may be a third mechanism of action that is rarely discussed and that is that the castor oil, by virtue of being an oil, is triggering the dumping of bile and gallstones out of the gallbladder and liver’s bile tree--- much like an olive oil flush dumps gallstones. If you’ve ever done an olive oil gallbladder flush you’ll find that oral castor oil is far easier to tolerate than olive oil as well.

## Castor Oil -- Orally

When castor oil is taken by mouth there is a high chance that it will not clear the stomach very fast and thus, leave the person feeling nauseous and unable to eat or do juices for the rest of the day. Thus, Dr. Gerson used the protocol below to insure that the castor oil left the stomach so that the patient could easily have breakfast and begin juicing. The coffee and the sugar both purge the castor oil through the stomach fast. Some have tried using non-coffee beverages and stevia and it just doesn’t work. Nausea!

### Materials needed to do castor oil (orally):

1. Organic coffee (NOT coffee used for enemas)
2. Organic sugar
3. Organic castor oil
4. Organic green apple

### Preparing and taking castor oil (orally):

1. Prepare a ½ - ¾ of a cup of coffee. If you don’t usually drink coffee, just boil some reverse osmosis (RO) or distilled water, add ½ teaspoon of coffee and let sit for 6 minutes. Then strain into cup.
2. The coffee needs to be at a temperature that can be chugged down the throat. Thus, the coffee needs to cool OR use less water when seeping the coffee and after strained add extra cooler water back to bring the temp down.
3. Add ½ teaspoon of sugar to the coffee. Stir.
4. Add 2 tablespoons of castor oil to the coffee. Stir.
5. Chug the mixture down (argh!) and then follow with chewing some apple to remove the taste. Castor oil is virtually tasteless. This author simply hates the taste of coffee!
6. Congrats! The hard part is now over. Now just wait and remain close to a toilet – ie: don’t be in a car or out walking the dog! Whenever you feel cramping just go sit on the toilet!

## Castor Oil Enema

### Materials needed to do a castor oil enema:

1. [Enema bucket](#) – it is recommended you have a separate bucket for castor oil vs coffee enemas.
2. [Organic coffee](#)
  - a. Preferably coffee grown specifically for enemas as it contains high quantities of kahweol and cafestol palmitate that stimulate glutathione production. Also the chemicals found in commercially grown coffee could damage the liver when used as a coffee enema
  - b. Organic enema coffee comes in [1 pound](#) and money saving [5 pound](#) size)
3. One quart of pure distilled or reverse osmosis (RO) water

4. [Organic castor oil](#)
5. [Bile powder](#)
6. [Natural soap](#) that doesn't have extra sodium added to it
7. [Lugol's iodine](#) (comes in [2 oz dropper size](#) and money saving [32 oz size](#))
  - a. Used to sanitize the bucket/tube after use
  - b. Extremely caustic, must be diluted!
  - c. Will stain. Be careful!
8. Clock or timer
9. Small stool
10. [Coconut Oil](#)
11. [Pro Probio](#)

#### **Preparing and taking the coffee enema:**

1. Put some clean (reverse osmosis or distilled) water in the enema bucket. Let the water drain through the tube. Cut off the tube clamp. Pour the remaining water in the bucket out.
2. Put 4 tablespoons of castor oil in the bucket. And ½ teaspoon of bile powder and mix.
3. Prepare a 1 quart coffee enema as usual and heat to body temperature. See coffee enema article for specific directions
4. Add several pumps of natural soap to the coffee enema. Make it sudsy by mixing the coffee and soap together.
5. Pour the coffee/soap mixture into the enema bucket
6. Open the clamp and let the water help suck the coffee/oil through the tube.
7. Take the enema as you usually would per the coffee enema instructions. The big difference, however, is that the bucket will need to be positioned at a lower height so that you can keep stirring the coffee/oil/soap/bile mixture as it enters the anus. Not easy! The stirring is necessary because the oil will rise to the top and be left at the bottom of the bucket unused after all the coffee is infused.
8. Proceed to try and retain the castor enema as you would a regular coffee enema. BUT you will find that the castor oil is significantly more difficult to retain for 15 minutes. In that case, just release into the toilet and lay back down each time until you reach 15 minutes.
9. Smart trick: This author puts a slightly different spin on these Gerson directions in order to ensure that most of the castor oil is infused. When adding the coffee/soap mix to the castor oil/bile combo in the bucket, do NOT put the whole 32 oz into the bucket. Instead, put only 2 cups into the enema bucket. Use a large ladle spoon or pancake flipper to stir (the large long handle is easier). When almost all the coffee/castor oil has emptied out of the bucket, add another cup of coffee/soap mixture. Continue with this process until the whole quart of coffee/soap is used. In order to keep spillage to minimum, this author puts the extra coffee in a 2 cup measuring cup with a lip that makes it easier to pour while you are laying there, tangled all up with an enema tube hanging out your anus! Any way you look at it, the castor enema is not easy. But after a few attempts you'll get the hang of it.
10. Once finished, the bucket will need to be washed several times with hot soapy water. Much oil will be stuck inside the tube too so be sure and drain through the tube many times.
11. Once the oil is cleaned from the bucket, fill the bucket with hot water and add a dropperful of Lugol's iodine. Let some flow through the tube. Clamp off the tube and stick the tube ends into the Lugol water inside the bucket. Thus, both the inside of the bucket, the inside of the tube and the outside of the tube are all being sanitized together.
12. Take a clean dry wash rag and stick into the dilute Lugol's water. Squeeze to remove excess. Use this to wipe down the toilet seat – top and bottom. Lugol's iodine is a strong anti-microbial.
13. After the bucket/tube has sanitized for a few minutes, drain and rinse.

14. Be sure to swallow one Pro Probio capsule per day.

### Concerns, warnings and dangers

Consult your physician before pursuing castor oil therapy of any type!!!

The next warning is to use pure, clean, organic, hexane-free castor oil!!! We have only found one castor oil to meet our criteria for purity and it is this particular [brand of organic castor oil](#).

However, when done correctly and by those persons *without* an existing electrolyte deficiency, castor oil has been used for decades helping people across the world. The most common danger comes when people “over do” the castor oil and find themselves faced with serious electrolyte depletion. As a state above, people can die from dehydration and electrolyte depletion!

The maximum usage of oral castor oil should be every other day for a maximum period of six months – and then dropping to twice a week. The reason is this: The castor oil is moving fecal matter through the intestine very quickly thus avoiding much re-hepatic uptake. This is a good thing when it comes to reducing the re-hepatic uptake of toxins. But it also reduces the re-hepatic uptake of your nutrients!

If castor oil is done once in awhile electrolyte depletion and dehydration is not so much a concern. But on any day that one has swallowed a dose of castor oil it is essential that they remain hydrated and electrolyte repleted– preferably by chugging down fresh squeezed veggie juice.

So, if one makes the decision to use castor oil frequently – the most frequently being one dose every 48 hours -- electrolyte depletion and dehydration is a concern and should be supplemented with potassium and magnesium (preferably) in the form of freshly juiced organic veggie juice. The rule of thumb is 24 ounces of veggie juice to replete the oral swallowing of the castor oil and another 24 ounces of veggie juice to replete the castor oil/coffee enema which follows 4 hours later. This is the reason why Gerson cancer patients were able to reverse cancer and achieve optimal wellness with 3-5 enemas daily and castor oil every other day --- they were drinking 3-4 quarts of veggie juice per day! If you are not on blood pressure medication or have kidney failure, the Gerson program also recommends boosting the potassium content of the veggie juice with one (1) tablespoon of diluted potassium liquid per juice prepared from a very special [potassium powder](#).

Mixing electrolyte depleting modalities is a big mistake as well. For example, having a castor oil day and doing a sauna on the same day could be a serious mistake. Also, taking a diuretic Rx (as found in many hypertension drugs) and doing enemas or castor oil would also be a big mistake.

Another concern is that the bowel spasms and enema is trapped and unable to be evacuated. While this is uncomfortable, this in itself is not a risk. The water will be absorbed and you will urinate it out via the kidneys. However, if you find this a common occurrence we find that it passes as the person repletes their intracellular potassium levels via the use of veggie juice and potassium booster and/or concentrates on relaxing during the enema process.

And lastly, there have been a few people who didn't read the directions and infused BOILING coffee into their rectum. Ouch! Of course they suffered severe damage to their rectum. The coffee is to be brought to approximately body temperature – like you would if you were testing the temperature of heated bottled milk before giving to a baby.

Of course there is risk with just about anything in life. And so it is with castor oil days– read instructions and don't over do it. If you have any questions, be sure to consult with your health care provider.

*\*The statements in this paper have not been evaluated by the Food and Drug Administration (FDA). Coffee enemas are not intended to diagnose, treat, cure or prevent any disease.*